

Providence Health Care staff lend a hand in Haiti in the form of expertise and equipment.

*Read more inside on page 4.*





## Caring Hearts

It is wonderful to write to you and let you know how pleased I am to learn that Mount Saint Joseph Hospital (MSJ) has acquired a new digital mammography machine named Agatha (after Saint Agatha, who is commemorated every February 5). Congratulations.

I am always happy to hear that pastoral care at MSJ is keeping alive and active.

On behalf of our elderly sisters and myself, I'd like to let you know with what interest and pleasure, we read d' Vine.

Our prayers are now a prolongation of our loving services to Mount Saint Joseph Hospital.

*With thankfulness,  
Sister Juliette Ouellet, M.I.C.*

## Flu Vaccination Recap

The 2009 Providence Health Care (PHC) staff flu vaccination campaign "Be Wise. Immunize!" was successful in facing the many unique challenges of last year's flu season.

This past fall, a complex flu scenario emerged with the prevalence of H1N1 influenza that became the predominant flu strain around the world. PHC's Workplace Wellness and Safety (WWS) team had to plan delivery of not one, but two separate vaccines.

Planning the campaign was difficult due to ever-changing information, including how the two vaccines were to be administered, who needed which vaccine and when they were going to be available.

Adding to the complexity were delays in the production of H1N1 vaccine in Canada that

resulted in delays in rollout of the vaccine across the country. The overwhelming volume of media coverage dedicated to the issue of H1N1 added to an already very confusing and stressful situation.

The WWS team worked closely with PHC's Infection Prevention and Control and Communications teams on a strategy to provide staff and physicians with regular, timely and targeted information every step of the way.

Once the vaccines were available, they were delivered in limited supplies. As directed by the province's Chief Medical Health Officers, vaccination of the public, including B.C.'s health care workers, proceeded in a priority sequence, starting with high-risk areas only. The WWS team were encouraged by the



St. Paul's Hospital employee Margot Wilson receiving her flu shot last fall.

substantial and unprecedented interest from staff and physicians in getting their flu vaccinations, and worked around the clock to deliver the vaccine to as many staff and physicians as possible.

At PHC, a total of 52 staff flu vaccination clinics were held from October 29 to December 18, triple the amount held in the past during the same period. For the first time ever, clinics ran seven days a week, including stat holidays and

covering every shift. As part of the campaign's Roll Up Your Sleeve to Win contest, 24 staff and physicians who received both their seasonal and H1N1 immunizations won prizes.

WWS would like to thank everyone who participated in this year's flu vaccination campaign, and also for everyone's patience during this unusual flu season. We certainly hope to see the same success in staff vaccination rates next year.



*Strategic Direction: Advance our Leadership in Health Care*

## Dr. McManus Receives National and International Recognitions



Dr. Bruce McManus, Director of the Providence Heart + Lung Institute, the James Hogg Research Centre and the PROOF Centre of Excellence, is the recent recipient of two major awards. The Canadian Society of Atherosclerosis, Thrombosis, and Vascular Biology recognized Dr. McManus with the 2009 Scientific Excellence Award for his work to understand the accelerated blood vessel disease that affects transplanted hearts. In receiving the award, he presented the Award Lecture, "Towards Preventing Injury and Modifying Repair in Allograft Vessels", in October 2009 at the Canadian Cardiovascular Congress in Edmonton. He also received the Distinguished Achievement Award from the Society for Cardiovascular Pathology, an international flagship organization for education in cardiovascular pathology, for his many years of extraordinary contributions to the field. He will deliver the Distinguished Achievement Award Lecture regarding the molecular pathology of heart muscle diseases in March 2010 at the Annual Society Meeting in Washington, D.C.

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Strategic Direction: Foster a Culture of Innovation & Improvement

## New Research Points the Way for Aneurysm Treatment



Dr. David Granville,  
HLI Researcher

largest blood vessel in the body.

About 75 per cent of all aortic aneurysms

New research by scientists at the Providence Heart + Lung Institute (HLI) may lead to new treatment options for abdominal aortic aneurysms (AAA), a potentially fatal disease that currently has no pharmacological treatments.

An aortic aneurysm is a bulging of the aorta, the

occur in the part of the aorta located in the abdomen, which supplies blood to the lower limbs. Currently the 13th leading cause of death in North America, AAA has an 80 to 90 per cent chance of fatality if the aneurysm ruptures (causing rapid blood loss).

HLI researcher, Dr. David Granville and his team identified a protein-degrading enzyme called Granzyme B that is abundant in aneurysms. When they removed Granzyme B, they found that it not only slowed the progression of aneurysms, but also markedly improved survival. "This suggests that drugs designed specifically to target Granzyme B could be an effective means of treating aneurysms," says Dr. Granville.

Immune cells release Granzyme B to target and destroy unwanted or virus-infected cells. Until recently, it was thought that immune cells delivered Granzyme B directly into

*An aortic aneurysm is a bulging of the aorta, the largest blood vessel in the body. If the aneurysm ruptures, it causes rapid blood loss and has an 80 – 90 per cent chance of fatality.*

cells targeted for destruction, but Dr. Granville's team found that this protein can leak out into the space surrounding healthy cells and into the blood stream. As it builds up outside of cells it starts breaking down structural proteins that maintain tissue integrity – similar to termites eating away at the

infrastructure of a home. This can weaken the aorta's structure, causing it to balloon and ultimately rupture.

Currently, the only effective treatment interventions involve surgical repair at late stages of disease. There are no treatments for smaller, earlier-stage aneurysms beyond basic monitoring of progression.

"Our latest findings on Granzyme B could lead to the development of pharmaceuticals geared towards slowing or preventing aneurysm progression and rupture, helping those with AAA avoid surgical treatment, and possibly death," says Dr. Granville.

### Heart Disease Has a Younger Face

## Report Lists Young Adults Among New At-Risk Group

The Heart and Stroke Foundation is sounding the alarm on our nation's heart health. The organization's 2010 Annual Report on Canadians' Health warns of a looming crisis, largely due to skyrocketing rates of obesity, high blood pressure and diabetes among groups that were once considered immune to heart disease.

The study points to alarming jumps in heart disease risk factors among young Canadians — in particular those aged 35 to 49 — between 1994 and 2005. During that decade, high blood pressure shot

up by a staggering 127 per cent for that age group, while diabetes rates increased by 64 per cent and obesity by 20 per cent. Young adults are just one new population at-risk for heart disease, which can no longer be regarded as a disease that only affects older Caucasian males. According to the report, the new at-risk populations include: young Canadian adults in their 20s and 30s; women between the ages of 35 and 45; Boomers (ages 50 to 64); some of Canada's growing ethno-cultural communities; and

Aboriginal Peoples, who are experiencing a full-blown cardiovascular crisis.

"What is especially concerning is that the progress we've made in improving and reducing cardiovascular disease and mortality is likely to be reversed if we don't take immediate action," says Dr. Scott Lear, Pfizer/Heart and Stroke Foundation Chair in Cardiovascular Disease Prevention Research at St. Paul's Hospital.

Although British Columbia ranked best across Canada, Dr. Lear warns that there is still much work to be done.

"We may have the



highest physical activity rates and some of the lowest rates of obesity, diabetes, smoking and other indicators, but these rates are at 50 per cent. This is not good enough and we can do a lot better."

Dr. Lear emphasizes the need for a national comprehensive strategy for prevention.

We also need to ensure we target at-risk populations with strategies that look at access to health services and language, financial, educational and housing issues, he says.

**To read the full report visit [www.heartandstroke.com](http://www.heartandstroke.com).**


 Resourceful Actions

## Helping Haiti Recover



Dr. Donna Smith (right) works with members of the Canadian volunteer medical team in Haiti.

In early January, Haiti was rocked by a 7.0 magnitude earthquake, devastating an already troubled nation. Poor building codes and infrastructure contributed to a disastrous aftermath resulting in more than 200,000 deaths, leaving millions injured, homeless and in dire need of support.

Answering the call for health care aid, Dr. Donna Smith, orthopedic surgeon at St. Paul's Hospital (SPH) volunteered her services in Haiti for a two-week period. Stationed at a Canadian medical field camp in Leogane, 30 kilometres west of Port-au-Prince, Smith and the rest of the volunteer medical team there treated up to 250 patients each day.

Specializing in broken bones and fractures, Dr. Smith saw patients arrive on crutches, stretchers and in people's arms. Some were in need of simple bone setting; others required amputations of toes and other limbs.



Dr. Donna Smith (left) performs surgery in a make-shift operating room.

Working in sub-par conditions, rocked by large aftershocks and battling the clock against infections and gangrene, Dr. Smith was faced with the task of performing dozens of amputations. But despite the primitive setting, the medical staff on her team—made up of Canadian physicians, nurses, dentists, paramedics and surgeons—worked hard to ensure adequate and safe medical care.

Due to limited access to medical equipment and power supplies, Dr. Smith sought permission from SPH to borrow \$75,000 worth of medical equipment from Providence Health Care—including battery-powered drills, amputation devices, external fixation devices and disposable sterile supplies such as sponges, bandages, gauze and adhesives.

With the support of DR. Nancy Van Laeken, Chair, Department of Surgery at SPH (who personally guaranteed the cost recovery of the loaned medical equipment), Dr. Smith and the rest of the staff at SPH have been working hard to recoup the costs.

SPH surgical resident Dr. Amanda Johner also just wrapped up a week in Haiti providing medical assistance.

To contribute contact Simone Jones, Administrative Assistant, Department of Surgery at 604-806-8575 or email [sjones@providencehealth.bc.ca](mailto:sjones@providencehealth.bc.ca).

## Lights of Hope Tops \$2 million!

With just over one month to go for the Lights of Hope campaign, St. Paul's Hospital Foundation has already raised more than \$2.10 million—far surpassing the fundraising goal of \$1.85 million.

*This year, the Lights of Hope display will stay lit until March 21—our way of welcoming the world to Vancouver during the Vancouver 2010 Winter Olympics and Paralympic Games.*

Once again, physicians and staff at St. Paul's Hospital (SPH) continue to be strong and generous supporters of Lights of Hope, helping the campaign raise more than \$14 million for SPH since 1998. The 2008 campaign alone raised more than \$1.77 million.

Donations to the Lights of Hope campaign support the greatest needs at the hospital, funding urgent care, research, and teaching initiatives throughout SPH. Last year, greatest needs donations supported more than 20 areas, including the renal department, the BC Centre for Excellence in HIV/AIDS, the Providence Heart + Lung Institute and palliative care.

### Great Reasons to Give:

1. Support urgent needs in your department. You can designate up to 75 per cent of your Lights of Hope donation to your department or area at SPH.
2. Earn a 43.7 per cent tax credit for donations above \$200 during the year. Giving under \$200 has a credit of approx. 22 cents per dollar.
3. Support Lights of Hope as a monthly donor and spread your donation throughout the year.

For information and to give, please call 604-662-HOPE or visit [www.lightsofhope.com](http://www.lightsofhope.com).





Strategic Direction: Promote Partnerships

## Ring in the Year of the Tiger at Mount Saint Joseph Hospital

It was a grand celebration of the Chinese New Year at Tapestry Foundation for Health Care's third Annual Scotiabank Feast of Fortune, a fundraising dinner and auction in support of Mount Saint Joseph Hospital (MSJ).

More than \$268,647 was raised at the event helping to launch the Foundation's Surgical Care Campaign for new equipment in MSJ's operating rooms (OR). Topping the list of priorities for the OR, is replacement of a 20-year-old surgical video system used for minimally invasive "keyhole" surgeries.

*More than \$268,647 was raised at the event helping to launch the Foundation's Surgical Care Campaign for new equipment in MSJ's operating rooms.*

Significant advancements in high definition video imaging systems over the past two decades now enable surgeons to have greater surgical precision during minimally invasive procedures, with a reduction in risk of adverse events during surgery. Patients benefit by reduced pain and discomfort, faster recovery time and shorter hospital stays.

Tapestry Foundation is grateful for the continued generous support of title sponsor Scotiabank, as well as other sponsors and contributors including Blundell Seafoods Ltd., Yukon Zinc Corp., Eva Airways, Taiwan Tourism Bureau and Steve Nash Sports Club.

Tapestry Foundation continues to accept donations in support of additional equipment for the OR through the Surgical Care Campaign. Contributions can be made online at [www.tapestryfoundation.ca](http://www.tapestryfoundation.ca), or by calling Tapestry Foundation at 604.877.8335.



It was thumbs up for the Tapestry Foundation team as they unveiled the total dollars raised at the 3rd annual Scotiabank Feast of Fortune.



Strategic Direction: Lead Through Exceptional Care, Service, Teaching & Research

## Satisfaction Survey Gives PHC High Marks for Care

Patients admitted to St. Paul's (SPH) and Mount Saint Joseph (MSJ) hospitals gave high marks to the care they received in B.C.'s second province-wide acute inpatient satisfaction survey.

Of the 1,128 inpatients surveyed at SPH and MSJ, 93.4 per cent gave a positive response when asked about their overall quality of care, rating it as good, very good or excellent. This is up slightly from the 2005 score of 91.6 per cent.

When asked if they would recommend PHC to others, 96.2 per cent of surveyed patients said yes, an increase from 94.3 per cent in 2005. These results confirm that the overall quality of care and services received at Providence Health Care (PHC) facilities continues to improve.

"PHC's inpatient satisfaction scores are a testament to the excellent work that our staff and physicians perform at the front lines of health care delivery," said Dianne Doyle, PHC's president and CEO. "They work under tremendous amounts of pressure and perform difficult and demanding work every day, yet they do so with professionalism and with compassionate attitudes, delivering personalized care in keeping with Providence's values."

In 2008, British Columbia undertook a survey of inpatients at 78 acute care hospitals to ask



*Of the 1,128 inpatients surveyed at SPH and MSJ, 93.4 per cent gave a positive response when asked about their overall quality of care, rating it as good, very good or excellent.*

for feedback about their experiences with the care and services they received while admitted. The survey was mailed to 34,312 randomly selected medical, surgical, maternity and pediatric inpatients discharged from one of the 78 selected hospitals between October 1 and December 31, 2008. The response rate was 53 per cent, with 17,389 of those inpatients responding, including inpatients who had been cared for at SPH and MSJ.

While PHC's results were quite positive, patients also felt there were opportunities for improvement that needed to be addressed. "Patients can tell us a lot about how we are doing in providing accessible and high-quality health services to meet their needs," said Lena Cuthbertson, Provincial Director, Patient-Centred Performance Measurement and Improvement. "Their

feedback can provide insight into what is working and where care and services can be enhanced."

Doyle is confident that PHC's teams of staff and physicians will be heartened by the results and will continue to do their part in finding innovative ways to further improve health care delivery. "I appreciate the efforts of all of our physicians and staff as we continue to focus on excellence and on meeting physical, emotional, social and spiritual needs through compassionate care delivered in alignment with our mission, vision and values."

If you wish to view more details of how our patients rated their experience of care at Providence—with overall results and breakdowns by site and unit — visit the Commitment to Excellence site on PHC Connect.

And the Groundhog Says...

## One More Wintery Soup!



While it has been a mild winter so far this year, famous groundhog Punxsutawney Phil has predicted six more weeks of winter. While his accuracy might be a little off, we

thought his prediction would at least let us enjoy one more healthy winter soup recipe.

### Minestrone with Turkey Sausage

Preparation time: 20 minutes / Cooking time: 80 minutes

- 1 (15 mL) tbsp vegetable oil
- 1 (g) lb turkey sausage, cut into chunks
- 1 clove garlic, minced
- 1 large onion, chopped
- 1/2 (125 mL) cup diced celery
- 1/2 (125 mL) cup diced carrot
- 1/2 (125 mL) cup diced green bell pepper
- 1 can (28 oz/796 mL) tomatoes
- 4 (1L) cups reduced-sodium chicken broth
- 1 bay leaf
- 2 tbsp (25 mL) chopped fresh parsley
- 1 (5mL) tsp salt
- 1/2 tsp (2 mL) dried basil
- 1/4 tsp (1 mL) dried thyme
- 1/4 tsp (1 mL) freshly ground black pepper
- 1 can (19 oz/540 mL) kidney beans, drained & rinsed
- 1 (250 mL) cup tubetti pasta or other tiny pasta
- Freshly grated Parmesan cheese

#### To Prepare:

1. In a large saucepan, heat oil over medium heat. Sauté sausage, garlic, onion, celery, carrot and green pepper until sausage is browned and vegetables are softened, about 10 minutes; drain fat. Add tomatoes, broth, bay leaf, parsley, salt, basil, thyme and pepper; bring to a boil.
2. Reduce heat, cover and simmer for 1 hour. Add beans and pasta; simmer until pasta is tender, about 10 minutes.
3. Ladle into bowls and sprinkle with Parmesan cheese.

#### Per Serving

Calories: 238, Carbohydrate: 26.5 g, Calcium: 74 mg, Fat: 6.9 g, Fiber: 5.8 g, Iron: 3.0 mg, Sodium: 949 mg, Protein: 17.9 g

**Very high in:** Niacin, folate, vitamin B12 and zinc.

**High in:** Dietary fiber, vitamin A, vitamin C, iron, thiamine, riboflavin, vitamin B6 and magnesium.

Recipe reprinted from Dietitians of Canada <http://www.dietitians.ca/>.

## Creative Souls



### Values in Action: Trust

We behave in ways that generate trust and build confidence.

## Recognizing the good work and accomplishments of our staff.

This year Providence Health Care (PHC) honoured 495 employees and physicians who distinguished themselves by the quality of their service and the depth of their passion to health care. The total combined years of service amongst these staff members equals 8,915 years in all areas of health care from administration and support services to the point of care.

Each January, PHC celebrates the commitment and continuing excellence in care of PHC employees and physicians who have been with us for 10, 15, 20, 25, 30, 35 and 40 years. The 10, 15, and 20-year staff are honoured at site-specific events, while staff with 25, 30, 35 and 40 years of service are honoured at a special invitation-only dinner.

Celebrating our staff with Long Service Awards is one way PHC strives to show appreciation for the good work and accomplishments of our employees and physicians. It is through their commitment and efforts that Providence Health Care is better able to live our mission of providing compassionate care, teaching and research.

“**Congratulations to all those celebrating service milestones this year!**”

To view more photos from the 2010 Long Service Awards visit the PHC Intranet – Mission Services page.



Strategic Direction: Foster a Culture of Innovation & Improvement

## PHC Helps Lead Pilot Project to Seek and Treat Most Vulnerable HIV Patients

A unique pilot program will get underway shortly in Vancouver's Downtown Eastside and Prince George to seek and treat vulnerable populations who are either undiagnosed or untreated for HIV. Providence Health Care, Vancouver Coastal Health and Northern Health will lead the regional implementation of the pilot with support from the Provincial Health Services Authority, including the BC Centre for Disease Control, under the leadership of the BC Centre for Excellence in HIV/AIDS.

The four-year, \$48-million pilot called Seek and Treat is the first of its kind in Canada and believed to be the first internationally. It will expand access to HIV/AIDS medications among hard-to-reach populations, including sex trade workers, injection drug users and men who have sex with men. By reaching and engaging more British Columbians living with HIV/AIDS in Highly Active Antiretroviral Therapy (HAART), not only will better care be provided but the treatment will also significantly reduce or eliminate the virus' ability to spread.

"Seek and Treat expands the reach of HIV treatment and will result in decreased progression of AIDS among HIV- infected individuals and fewer new HIV infections among those at risk," said Dr. Julio Montaner, director of the BC Centre for Excellence in HIV/AIDS at St. Paul's Hospital and the original developer of this innovative concept.

"Through Premier Gordon Campbell's commitment to HIV treatment, care and research, we will reduce AIDS-related deaths and HIV infections in B.C., and we will show the world how to do it."

### Dr. Julio Montaner is One of Canada's Coolest!

Dr. Julio Montaner, Director of the British Columbia Centre for Excellence in HIV/AIDS (BC-CfE) was recently featured in an online poll by the Globe and Mail asking readers to vote for what made Canada cool last decade. The list was made up of seven cool Canadian people (including Governor General Michaëlle Jean and actor Michael Cera), Canadian issues (same-sex marriage) and inventions (Research in Motion's Blackberry device).

Dr. Montaner has appeared on CBC's The Hour with George Stroumboulopoulos, and frequently travels internationally to meet with high-level global health officials. To stay in touch with him and other cool things coming out of the BC-CfE follow them on Facebook at [www.facebook.com/bccfe](http://www.facebook.com/bccfe) and on Twitter at [www.twitter.com/bccfe](http://www.twitter.com/bccfe).

For British Columbians who know they have HIV/AIDS and are connected to the health-care system, accessing HAART is relatively straightforward and can have extremely positive outcomes. However, there is a large segment of the at-risk population who are not connected to the health system, and Seek and Treat aims to go out, diagnose, support and provide treatment to those who are medically eligible where possible.



From left to right: Gregg Szabo, VP, speciality products at Merck; Dr. Julio Montaner, Director of BC Centre for Excellence in HIV/AIDS; Kevin Falcon, BC Minister of Health; Dianne Doyle, President & CEO, PHC; Tiko Kerr, HAART patient and Henry Hiebert, First Nations Community Volunteer, Carnegie & The Gathering Place.

*For patients, HAART treatment prevents virus replication, slows disease progression, extends life expectancy and significantly reduces the number of new HIV-related diseases and AIDS-related deaths.*

"British Columbia continues to be a recognized global leader in the fight against HIV/AIDS with this groundbreaking approach thanks to the BC Centre for Excellence in HIV/AIDS at St. Paul's Hospital under the leadership of Dr. Julio Montaner," said Health Services Minister Kevin Falcon.

The pilot emphasizes providing focused, enhanced care and support, such as HAART, which was pioneered by Dr. Montaner at the BC Centre for Excellence in HIV/AIDS in the early 1990s, and introduced as the new standard of care by the Centre at the 1996 International AIDS Conference in Vancouver.

HAART is available free of charge to all HIV- infected B.C. residents through the BC Centre for Excellence. Since 2004, the number of people using HAART has doubled to more than 5,000.

Seek and Treat will also open up the opportunity to respond to regional increases in AIDS infection and mortality. This will target HIV care in the Downtown Eastside, the North and among Aboriginal populations as recommended in the provincial health officer's report, Pathways to Health and Healing. Engagement in the pilot

will be strictly voluntary, using standard practices including participants' informed consent.

For patients, HAART treatment prevents virus replication, slows disease progression, extends life expectancy and significantly reduces the number of new HIV-related diseases and AIDS-related deaths. The BC Centre for Excellence in HIV/AIDS has provided groundbreaking new evidence that treatment of people living with HIV in a given jurisdiction can also dramatically decrease the transmission rates of HIV.

It is estimated that more than 12,000 people in B.C. are living with HIV, and approximately 27 per cent of these individuals remain undiagnosed.



## EDEN CORNER

### Renewal of Eden

Providence Health Care (PHC) residential sites are currently renewing their registration as Certified Eden Facilities. The Eden Alternative is a guiding philosophy developed by American Dr. William Thomas, based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline. As certified Eden homes, PHC staff continue to work towards helping elders continue to live meaningful lives when they become too frail to live independently.

In order to qualify as an Eden certified home, sites and organizations must undergo a review process every two years. This process involves showcasing examples of how the sites and staff have met or been working towards goals set for the previous two years.



The Eden Alternative is a guiding philosophy developed by American Dr. William Thomas, based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline.



Goals are generally focused on the continual development of a home-like atmosphere at residences and the elimination of the loneliness, helplessness and boredom often experienced by residents and their family members in long-term care settings.

Since September, teams at each PHC residence have been meeting to discuss their Eden journey (goals, challenges, improvements and innovations) and collect photographs and stories about resident life and care, as well as letters of support from residents and families. All of these stories and images are being put in a scrapbook-style package that will exemplify life at PHC residential sites and show how staff, residents and families have been working together to meet their goals and continually strive towards creating the best possible home-like environment.

Goals for the next two years include enhancing the visibility of achievements and clearly displaying each residence's standing as a certified Eden Home; establishing consistent traditions of welcome to new residents, families and staff; increasing family awareness of the Eden Principles; actively encouraging the participation of family



*Residents and staff celebrate the holidays with poinsettias.*

members in the residential community; energizing staff with new Eden education modules that focus on behaviour and practice change; and strengthening relationships and the ability of neighbourhood and community members to create a meaningful and vibrant environment for residents, families, staff and volunteers.

Heather Mak, Clinical Nurse Specialist in Elder Care at PHC says the process of renewing Eden certification is an important element in growing as a team and ensuring the best environment and care for residents, "This renewal process is rewarding and exciting, as it gives us the opportunity to reflect on the amazing work that we do and to plan our next steps in growing homes that are vibrant places, free from the three elements that can plague our elders - loneliness, helplessness and boredom."



*A PHC staff member gets ready to take a resident to Vaisakhi celebrations.*



Strategic Direction: Lead Through Exceptional Care,  
Service, Teaching & Research

March 5 - 13, 2010

## PHC Participates in Research Week

The Providence Health Care Research Institute (PHCRI) and The Providence Heart + Lung Institute at St. Paul's Hospital are both participating in the University of British Columbia's (UBC) Celebrate Research Week with a number of events and learning opportunities being organized.

### Providence Health Care Research Institute (PHCRI)

The annual PHCRI Research Day takes place March 22 this year and will feature the presentation of the Research and Mission Award to a Providence Health Care (PHC) scientist, and include a presentation by special guest speaker Dr. Arthur Slutsky, Vice-President of Research, St. Michael's Hospital, Toronto.

The PHCRI was established in October 2004 to organize research efforts and support researchers working at PHC in affiliation with UBC. The Institute is home to more than 130 researchers and attracted over \$32 million in funding in 2008/09.

The second event is a free public talk co-sponsored by the Vancouver Coastal Health Research Institute, the Child and Family Research Institute and the UBC Faculty of Medicine.

The theme of this public event is Mental Health Research Matters. There will be three presentations and a moderated discussion. Speakers include:

- Dr. Christian Schütz, MD, PhD, MPH, Research Scientist, Centre for Health Evaluation & Outcome Sciences, Providence Health Care Research Institute;
- Dr. Jehannine Austin, PhD, Research Scientist, BC Mental Health & Addiction Research Institute, Consultant, Child & Family Research Institute; and
- Dr. Raymond W. Lam, MD, FRCPC, Director, Mood Disorders Centre of Excellence, UBC Hospital and Vancouver Coastal Health Research Institute.

The talk will be held at the Chan Auditorium of the Child & Family Research Institute on Tuesday, March 9, 2010 at 7 pm. This event is free, but space is limited. Email [reseduc@cw.bc.ca](mailto:reseduc@cw.bc.ca) or phone 604-875-2000 ext 5397 to register. To be included on the Research Institute's email distribution list to receive their monthly newsletter and research-related updates, please email [research@providencehealth.bc.ca](mailto:research@providencehealth.bc.ca).

### Providence Heart + Lung institute (HLI)

As part of UBC's Celebrate Research Week the Providence Heart + Lung Institute (HLI) at St. Paul's Hospital is hosting two special events.



Yvonne Lefebvre, VP Research and Academic Affairs, PHC with Frank Plummer, Scientific Director at the National Microbiology Laboratory and Scientific Adviser at the Public Health Agency of Canada, during last year's Research Week.

On Wednesday, March 10, 2010, *Peak Performance: The Path to Exceptional Athletic Achievement* will be held at the Segal Centre from 12:30 p.m. - 5:30 p.m. Join leading experts from around the world for an afternoon focused on hot topics in the scientific, ethical and psychosocial



André Picard

complexities underlying competitive sports and the challenges athletes face in reaching peak performance. This FREE event will be moderated by Globe and Mail public health reporter and best-selling author, André Picard.

The program features athletes, behavioural and life scientists, coaches, sports officials and ethicists. They will address questions such as "what are the latest and emergent advances in athletic training and sport science that underlie championship performance?", "how do mind and spirit lift the body to record performances?", and "what are the ethical considerations that face athletes and coaches in the complex search for podium finishes?" Visit [www.heartandlung.ca/peak](http://www.heartandlung.ca/peak) for more details.

The Providence Heart + Lung Institute's fourth Annual Heart, Lung & Blood Research and Education Fest takes place March 8 and 9 at the Sutton Place Hotel in Vancouver, British Columbia.

Building on the success of previous years, the event now spans two days and features local, national and international speakers on a spectrum of topics on heart, lung and blood vessel health and research. Major themes include Cardio-Pulmonary Science for a Healthier Global Society, Repair and Regeneration of Vital Tissues - What's New, What's Possible, Engineers in the Clinic and Truth or Consequences about Research and Its Translation.

Visit [www.hli.ubc.ca/fest2010.html](http://www.hli.ubc.ca/fest2010.html) to RSVP or for further details. RSVP Deadline is February 25.

For more  
information on  
Celebrate Research  
Week, visit  
<http://www.celebrate-research.ubc.ca/>.



*We asked staff...*  
**What is your fitness goal for 2010?**



Climbing up the stairs at Providence Tower 7 from the first to tenth floors during lunch time is not my favourite thing to do. Like any other task for the day, this is part of my schedule. Every step that I take is a struggle and a reminder that I will feel good and look good. If I don't do it now, then it won't get done, so I just do it!

*Chat Panganiban  
 CNL, SB Cardiac Surgery  
 St. Paul's Hospital*



My fitness goal for 2010 is to walk 60 kms this August in The Weekend To End Women's Cancers. In 2008, my participation became personal when my wife was diagnosed with breast cancer. She had a double mastectomy, six months of chemotherapy, and five weeks of radiation while all I've done is walk around Vancouver. If you would like to support my walk please visit:

<http://va10.endcancer.ca> and click on "Donate".

*Fred Swindells  
 Virology Technologist  
 St. Paul's Hospital*



One of the good things about my bus being full during the Olympics is that I have started walking home from work. I plan to continue walking home from work throughout the year, rain or shine! That will meet my 30-minute minimum of cardio each day. My other fitness goal is to obtain my 200 hour yoga teaching certificate as motivation to incorporate yoga into my daily life and perhaps make some extra cash!

*Jennifer Laidlaw  
 Communications Coordinator  
 Hornby*



I'm excited! This year is a new beginning for me and my never ending struggle to get fit! I have finally reframed the method for achieving my fitness goals. After a life-long 'all or nothing' approach, I'm now incorporating small bits of activity into each and every day, taking advantage of every opportunity, whether it's walking around the block a couple times on my way to Starbucks, or leaving workout wear at the office and grabbing 30 minutes on the treadmill at lunch. The real challenge will be to start each day new, and not let a 'slip become a fall'.

*Elizabeth Turtle  
 Executive Assistant  
 VP, Mission, Ethics & Spirituality  
 Hornby*



**Mount Saint Joseph's Clinical Social Worker Michael Coleman carries the Olympic torch one day prior to the opening of the 2010 Winter Olympic Games.**

**WE WANT TO HEAR FROM YOU**

Send in your stories, ideas, photos, thank-yous and events (to a maximum of 200 words please) to share with staff across **Providence Health Care.**

Your submission may be edited for length.

You can mail material to:  
**Jennifer Laidlaw  
 Communications  
 4th floor, Hornby**

**Ph: 604-806-8350**

or email:  
[d'vine@providencehealth.bc.ca](mailto:d'vine@providencehealth.bc.ca)